

VITAL SIGNS

VOL VI No. 3 Naval Regional Medical Center, Orlando, Florida

1 February 1983

The last quarter of '82

Quarterly awards announced

Sailor of the Quarter



**HM 1
Rafael Perez**

HM1 Rafael Perez, USN, Senior Corpsman in Active Duty Sick Call, was selected for his high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty. Petty Officer Perez is a 10 year Navy veteran and has been at NRMC since May, 1980.

Congratulations are extended, not only to HM1 Perez, but to the other candidates: HM2 W. Anthony, HM2 S. Pyles, HM3 T. Fairchild, HM3 K. Roark, HM3 A. White, and HM3 J. Wood.

Blue Jacket of the Quarter



**HN
Mara Bergs**

HN Mara P. Bergs, USN, Emergency Room, Acute Care Service, was selected for her outstanding performance, personal conduct, appearance, and devotion to duty.

HN Bergs reported for duty at NRMC in July, 1982. Her first assignment was to the Newborn Nursery. She has just recently been re-assigned to the Emergency Room.

Congratulations to HN Bergs and to the other candidates: HN D. Bridges, HN Cartina Cunningham, and HN Jerri Davis.

Civilian of the Quarter



**Mrs.
Patricia Barbour**

Mrs. Barbour was selected in recognition of outstanding performance, dedication to duty, and superb management ability. She works in Patient Affairs as Supervisor, Medical Records Library. Mrs. Barbour has 15½ years Civil Service. She, and her husband, David, have two children: Steven, a LT in the USAF at Andrews AFB, and Kathleen Crowell of Winter Park. They have 3 grand children.

Congratulations to Mrs. Barbour and to the other candidates: Ms Carolyn Green and Mrs. Brenda Repp.

The first one in '83**Mrs. Blankenship and Lessie**

Lessie Alice Blankenship arrived at NRMCM on 4 January 1983 at 0304 to be the first baby born in the New Year. Lessie weighed in at 7 pounds, 14 ounces and her proud parents are SFC and Mrs. Freddie L. Blankenship, USA (Ret.).

Whoooizzit?

Do you know this staff member? The answer is on Page 12.

Substance Abuse Coordinators

NRMCM's Substance Abuse Coordinators, formerly identified as DAPA's, are: ENS Sharon E. Dulac, MSC, USN, on left, Chief Hospital Corpsman Theodore J. Schmitz, USN, and LT Ernest D. Rotman, MSC, USN, on right. Not pictured, is HM1 Charles Mathis, USN. The coordinators are responsible for counseling, training, and referrals of staff members with problems relating to drugs and alcohol. A recent OPNAV Instruction 5350.4 places greater responsibility on commands for reporting all cases of drug and alcohol incidents to higher authority. Further information can be obtained from the command coordinators. You will be hearing more from them thru the Vital Signs and training programs.

American Red Cross

**Volunteer hours
for
December - 1,886**

Vital Signs' Staff**Editor:**

HMCM(SS) R. C. Clements, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LT C. M. Pagliara, NC, USN

Steth-o-Scoop Reporter/Photographer:

HM1 Bogan McOuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Contents of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, Room 1608, Building 500, by noon of the 20th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS, appropriate credit must be given.

STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



If you could select the question for this page,
what would you ask?



Ann Hutto, Laboratory: "What am I doing here?"



HM1 Robert Gutho, Medical Repair: "What would you do to improve the morale at the hospital?"



LTJG Teresa Dieckhoff, NC, Nursing Services: "What can we do, as a group, to improve patient care?"



LT Joyce Drescher, NC, Nursing Services: "If you could change one aspect of your life, what would you change?"



Leonard Vernon, Outpatient Administrative Service: "What would be the most beneficial item we could get for the hospital?"



HM2 Kathy Michael, Ass't Chief Master-at-Arms: "How do you think women benefit the Navy?"

Staff Journal



A Letter of Appreciation for Jane Smith, OB-GYN Secretary, from the Pediatric Service.



.... a Commendation for LT Gerald Noss, NC, as he transfers to the Naval Hospital, Roosevelt Roads.



.... a Commendation for CDR Elaine Lee, NC, from her previous duty station, NRMC, Philadelphia.



HM1 Mikie Grubbs, Laboratory Service, commended as she departs for PMT School, NRMC, Oakland.



HM3 Diane Thompson, Physical Exams, receives a Letter of Commendation as she departs for spouse duty with MM3 Brett Thompson at NRMC, Charleston.

.... and "frocking" letters for:



HM1 Ruth Randolph, Pharmacy Service.



HM3 Zev Levine, Nursing Services.

HMCM Templeton transfers

On 4 January, HMCM David A. Templeton, Chief of Human Resource Management Service, transferred to the Naval Regional Medical Clinic, Key West, Florida. On his departure, Master Chief Templeton received a Letter of Commendation from Captain Fout and a Command Plaque from HMCM(SS) R. C. Clements, USN, Command Master Chief. We wish you "Fair winds and a following Sea," Master Chief!

U.S. Navy Photo

Comptroller Certificate

On 24 January, Captain Fout presented LCDR William R. Sattley, MSC, USN, Fiscal and Supply Service, with a certificate from the Comptroller of the Navy. The certificate was awarded for the successful completion of the prescribed four courses in Basic Financial Management.

Karate Champ

The First Winter Orlando Open Karate competition was held 22 January at the Robert E. Lee Junior High School. HA Duncan Moody, USN, Nursing Services (Pediatric Ward) competed in the Black Belt, Super Light Weight Division, and came away with the beautiful, First Place Trophy. HA Moody has been active in Karate for 5 years. Congratulations to our Champ!

Petty Officer Indoctrination Class

The Petty Officer Indoctrination Course graduated our newest petty officers on Friday, 21 January. Left to right, front row: HM3 K. Van Pelt, HM3 J. Wood, HM3 D. Wallace, HM3 R. Abbott, HM3 J. Soto, and HM3 S. Wilber. Back row: Captain Fout, HM3 J. Bellamy, HM3 G. Stewart, HM3 D. Hoy, HM3 A. Early, and HM3 J. Kautz.

Spouse Duty - It's luv - er - ly!

NRMC's Valentine Sweethearts



**LCDR Martin and LT Robin (Rhodes)
Harris - both MC's**



**HM1 William and
HM2 Patricia Shockey**



**HN Jeffrey and
HM3 Robin Abbott**



**HM3 Anthony and
HN Carolyn White**



**HM3 Anthony and
DN Elizabeth Schepis**



**HM2 Thomas and
HM3 Kimberly Van Pelt**



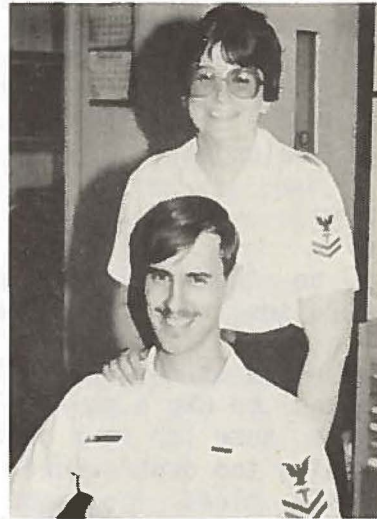
**CDR Paul (MSC) and
LT Jan (NC) Truran**



**HM3 Zachary and
HM3 Julie Wood**



**HM2 Edward and
HM3 Pamela Paige**



**HM2 Stuart and
HM2 Carol Cronkhite**



**HN Kenneth and
HN Andrea Ishmael**



**HM3 James and
HN Cathey Bellamy**



NURSING SERVICES



Column Coordinator: LT C. M. Pagliara, NC, USN

Dear Diary:

Day 1 - Dear Diary:

Today, I took my first step into the NRMCC! Needless to say, I was quite nervous and a little scared (and I'm hoping no one noticed my knees knocking together or the excessive perspiration stains on my dress blue uniform when I walked in). I had the military phonetic alphabet memorized backwards -- just in case someone were to quiz me on it -- but no one cared about that. Everyone was interested in me and getting me oriented to the hospital. I was so thankful that everyone was so helpful. By the end of the day, I felt like I really belonged!

Day 3 - Dear Diary:

I worked up on the ward today and came home with bruises from bumping into walls and people. I really felt like I was in the wrong place at the wrong time when a Doctor asked me why a particular patient didn't have some lab work on his chart. Well, being too dumbfounded to speak, I could only plead ignorance by shrugging my shoulders and pointed to the one little gold bar on my collar! He didn't get mad and, fortunately, another nurse came to my rescue and helped him find the lab work. All the nurses and corpsmen really seem to understand my clumsiness, and all of them were really helpful. Even the dietician remained calm when I called her five different times to change the diet for a patient who had been discharged yesterday!

Day 7 - Dear Diary:

The week has ended and I have decided that I like being a Navy Nurse! Everyone has been super nice: very friendly, very understanding. I'm so glad that everyone made me feel so welcome and a part of their team. I hope things keep going so well! If so, only 19 more years to go!



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

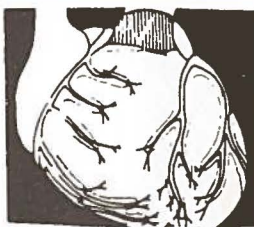
The Lenten season

The Lenten season, the period of forty days, excluding Sundays, between Ash Wednesday and Easter, is almost here. May we take advantage of this crucial season of the Christian year to remove the facade from our lives and expose ourselves to truth, light and love; and examine the spiritual resources available to us through Christ.

Lent is meaningless where sacrifices are made only in keeping with custom. It is only meaningful where life lays aside the unnecessary or marginal in order to take on something of greater value. Lent prompts us to think again about the supreme love of the Son of God and realize anew that such a love was poured out for you and me.

Lent compels us to check out the priorities of life. We are made to see the grand design of God -- its possibilities, its peace, its purpose; and, these challenge the weak structures of our lives. As C. Neil Strait states, "The Lenten period shows us a cross which is a reminder of death -- a death for us. Christ died that we might have life, that we might be free and victorious."

February is Heart Month



Do yours

a favor....

STOP SMOKING!!!

Moral of the story -- When new people arrive, be understanding, patient, caring, friendly and kind. It not only lifts the spirits of the new person on board and makes him feel welcome, but it will make you feel good too!

Teresa Dieckhoff, LTJG, NC, USNR



LAB LINE

CAPT P. E. Petit, MC, USN

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

S-e-e-o-t-o-o

No that is not the way to spell CO₂. What a nightmare it can be trying to call back laboratory test results. First, it is the problem of finding something to write on, then trying to get the correct patient's name and ID information, as well as the type of specimen and the collection time. Then we get involved with such things as how do you spell pH, BUN, or CO₂. Late one evening, after several such frustrating telephone conversations, HM2 Keith Poirier decided



HM2 Poirier

that there has to be a better way. A simple solution would be a computerized laboratory information system with terminal printers in all of the clinic areas. Unfortunately, it will be many years before we have such a system. A pneumatic tube system would work, but it would be very expensive to install. A teleautograph system with transceivers in all clinical areas would also be a solution, but again, it is several years away. Anyway, to make a long story short, HM2 Poirier devised a form that lists all of the common "call back" tests. The information is presented in the same order that it appears on the original lab chit, lists all the units of measurement and reference normal values, and should make it easier and faster to record the necessary information. The form is less expensive than using blank lab chits and it is clearly obvious that this information is a telephonic transcription and not the original report to be charted. The forms have been distributed to selected clinical areas for a

A "Go Navy" good deal!

If you are interested in representing the Navy to other people and spending a few extra days in your hometown without being charged for leave, then the Home Town Area Recruiting Program is the deal for you.

HARP is a program that returns Navy personnel to their hometown or college campus to assist local recruiters by relating Navy experiences to their peers and giving a first-hand account of life in the Navy. Individuals volunteering to participate in the HARP program do so on permissive, no cost, TAD orders to hometown recruiting stations. Usually, when an individual requests HARP duty, it is in conjunction with a period of leave which either precedes or follows such duty. While HARP duty is considered Temporary Additional Duty, volunteers receive no reimbursement for their services, other than normal pay and allowances.

During your assignment to your hometown recruiting station, you will contact friends, relatives and community leaders to share your Navy experiences and also to answer questions about boot camp, "A" school, the Apprenticeship Program, uniforms, Navy chow, educational programs, travel, and military life in general. Enthusiasm is the volunteer's biggest contribution. Your experiences and thoughts about the Navy are extremely valuable to both the recruiter and the prospective Navy men and women.

If you are interested, give me a call, X4926.

trial evaluation. Petty Officer Poirier is hopeful that they will make life easier for everyone, but he said he would still be happy to help anyone spell CO₂!

Vital Signs visits**OB-GYN Clinic****Teenagers to great-grandmothers**

Do you think this Clinic practices sexual discrimination! They do! But, sometimes, you will see a man in the waiting room! The Clinic provides gynecological services, surgical care, and many outpatient procedures such as: endometrial biopsy, colposcopy, cryosurgery, and cervical biopsy. The Doctors assigned to the Clinic also provide backup support for recruits requiring extensive care.

To round out the high quality patient care services, the Clinic also has full service maternity care available. Included are prenatal classes for all obstetrical patients. The classes are given by CDR Susan Eastland, Certified Nurse Midwife.

The Clinic atmosphere reflects the high morale of the team-oriented staff. It is a pleasure to see the enjoyment and satisfaction this staff receives from their work!



CDR Luis M. Julia,
MC, USN



CDR Kale C. Khoury, Jr.,
MC, USN, Chief of Service



CDR Anthony Ascione, MC, USN,
and Dolores Thompson, RN



CDR Susan L. Eastland,
NC, USN, Nurse Midwife



Jane Smith,
Secretary



HM3 Sheryl Handley, USN



Clyde M. Howard, LPN



CAPT Schefstad and Paula Ehrenberg,
receptionist.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Don't wish your life away!

How many times have you heard someone say, "I wish today was over," "I can not wait until Friday," "I will be glad when I turn 21," "If it were only tomorrow," "Just wait until next year," "I can't wait until I retire." We of the military, in particular, wish our lives away by looking forward to a new duty station, advancements (that take time), and pay day. We are forever making plans for the future without sincere consideration for the present. We are selfish in our anticipation of better and bigger things and fail to show appreciation for our own good fortune and what we have today. The impatient attitude that we have developed, with consideration to time, causes us to be afflicted by the stress syndrome. The sequela of this way of life, leads to medical problems, dissatisfaction, and disappointment. The old phrase, "Stop and smell the roses" can become a slowing mechanism and result in us enjoying life, job satisfaction, and longevity.

"Everything requires time. It is the one truly universal condition. All work takes place in time and uses up time. Yet most people take for granted this unique, irreplaceable, and necessary resource. Nothing else, perhaps, distinguishes effective executives as much as their tender loving care of time."

Peter Drucker

Civilian Awards - 4th Qtr, '82

OUTSTANDING PERFORMANCE RATING (With Sustained Superior Performance): Margaret E. Caldwell, H-11; Thomas J. Van Ellis, H-34. **QUALITY SALARY INCREASE:** Colette G. Leistner, H-34. **OUTSTANDING PERFORMANCE RATING:** Brenda L. Repp, H-11. **SUSTAINED SUPERIOR PERFORMANCE:** Rosita S. Mejia, H-11; Richard Cohen, H-32; Paul Sampson, H-32; M. Ruth Strait, H-32; John A. White, H-32; and Samuel D. Wilson, H-32.

Command Master Chief Feature

Meet another of our Enlisted Advisors



HM1 Patrick Ferguson, USN

HM1 Ferguson, RIF Optical, serves as the Enlisted Advisor for 12 junior personnel. HM1 Ferguson reported on board in November 1979 and has a total of 13 years of Naval service. Petty Officer Ferguson is married and he and his wife, Sue, have two children: Sean, 8 years of age, and Jennifer who is 6 years old.

The following personnel are assigned to HM1 Ferguson: HM1 T. Inman, HM1 P. Johnson, HN R. Cain, HN A. Fields, HA J. Melvin, HN L. Olson, HN W. Johnson, HN S. Jordan, HA J. Allen, HN D. Haynie, HM2 B. Stone and HM2 G. Blalock.

LOC for LCDR Beaty



On 28 January, Captain Schefstad presented a Letter of Commendation to LCDR Debra M. Beaty, NC, USN, on her departure from the Navy. LCDR Beaty had served as Charge Nurse for ICU/CCU. The staff extends a wish for smooth sailing in civilian life, LCDR Beaty!



CAPT Fout's

Skipper - gram

Pride and professionalism

We have heard the words "pride" and "professionalism" frequently. These words instill different thoughts in each of our minds. I know that my ideas may differ from other individuals and that is fine. Considering the word "proud" and the word "professional" can really be thought provoking -- especially when you apply them to yourself.

What am I proud of? I've got a lot to be proud of -- my background, my family, my career. I am proud to be a physician and particularly proud to be a member of the United States Navy. What about my professionalism? Yes, I am professional in my job. We've all heard the phrase "If something is worth doing, it's worth doing right." Well, that is my philosophy. I strive to do my job to the best of my ability.

In a nutshell, I have outlined my thoughts on these two words. What about you? Have you looked at yourself lately? Are you proud of your appearance? Crisp and sharp uniform? Shined shoes? Good grooming. Professionally, are you doing your job to the best of your ability? Are you courteous and friendly? Are you always prompt?

Our mission is the care and treatment of the sick and injured - to care for them quickly, courteously and correctly. We have a large number of beneficiaries and they count on each and every one of us for high quality patient care. By the large number of patient letters of appreciation I receive, I know you are all doing a wonderful job. Your enthusiasm, friendliness and desire to excel is not unnoticed.

You are a PROUD group of PROFESSIONALS -- and I am PROUD to be serving with you!

CRA NOTES

By Joyce Lockwood

CRA BIRTHDAY GREETINGS TO: Charles Bridger on 1 Feb; James Breeden and Paul Sampson on 2 Feb; Carolyn Green on 3 Feb; Theodore Joyal and Wanda McCune on 4 Feb; Rosita Mejia on 5 Feb; Glenda Strickland on 7 Feb; Katharyn Dawsey and Leonard Vernon on 8 Feb; Janet Belanger on 10 Feb; Ethel Hendrix on 11 Feb; Marcia Reinwald on 13 Feb; Carl Hassler on 16 Feb; Anthony Tabacco on 17 Feb; Marian McGlasson on 21 Feb; Pedro Marcial on 22 Feb; Paula Ehrenberg and Dorothy Smith on 23 Feb; and Phyllis Burke on 27 Feb.

Navy Achievement Medal



Captain Schefstad congratulates HMCS Silvers on receiving the Navy Achievement Medal on his transfer to Naval Medical Command, Washington, DC.

Whooizzit

It's LCDR Shirli L. Pollard, NC, USN, Education Service.



LCDR Pollard has been at this command since September, 1979. Her husband, Bill, works for Martin Marietta and they have two children: Andrew, 4½ years old, and Brian, 18 months old. LCDR Pollard is a graduate of Ball State University, Muncie, Indiana, and claims Indianapolis as her hometown.